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This Week in Wabash



Hello, Wabash,

Happy Monday. I hope your week has gotten off to a great start. The weather today has not been to my liking. It's one thing to have the temperatures so high, but then throw in a thunderstorm on top of it? Not for me, thanks.

In this week's newsletter, I wanted to draw your attention to a story which was in Saturday's paper and provide an update.

On Saturday, downtown Wabash was site of the inaugural Run the River half marathon. Before the race, though, a local man reached out to us to let us know [he has already had to overcome more obstacles than most just to make it to the starting line.](#)



Christian Brown, 46, of Wabash, had surgery to repair a leaking heart valve in September 2021 at the Cleveland Clinic in Ohio.

Brown said since his surgery and recovery, he made it his goal to run a half marathon again.

Brown said he has been running regularly since around 2013 when he moved back to Wabash after having lived in Indianapolis for 15 years.

Brown said he has participated in a handful of half-marathons in Indianapolis including the Mini-Marathon and the Carmel Half-Marathon.

Brown said he found out he had a “mitral valve prolapse” almost 20 years ago, otherwise known as a leaking heart valve.

Brown said he was in Ohio for the surgery for a week. He said after he came home he was told to immediately start walking as much as he could.

Brown said he started with 1 to 2 miles at a time, and gradually worked his way up to 3 to 4 miles.

I checked back with Brown this morning and he let me know he did finish the race successfully. I will have a follow-up story coming in Wednesday's paper, so be on the lookout for that.

Well, that's all I have for you today. I hope you have a great rest of your week.

Best,
Rob



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